

Getting Around



Make home environment safe for moving around.



Stairs. Lead up with the non surgical leg, down with the surgical leg.

Use arms to raise from chair or bed.



Use cane on non-surgical side when walking.

Walk into walker first before moving walker forward.

When to Call the Physician

Changes with incision, increase in swelling, redness or drainage.

Persistent pain not relieved by pain medication.

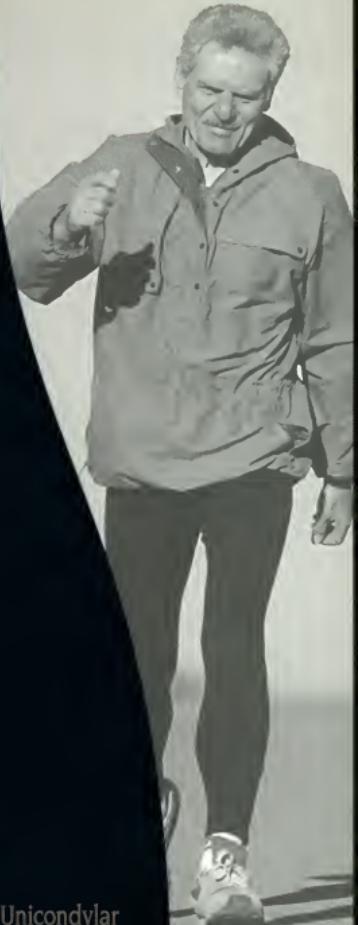
Side effects from medication.

Persistent swelling not relieved with elevation.

Getting back in stride.™



Repicci II™ Unicondylar
Knee System



You're home...

and on your way to a full recovery. It's up to you to follow your physicians instructions that were chosen for you based on your personal health.

To ensure a successful and healthy recovery, this brochure will assist you in developing an at home care plan that meets your individual needs.

The checklist and call list will serve as a guide throughout your recovery process.

With your instructional video and this brochure, you'll be on your way to...

Getting Back in Stride.



Incision Care Checklist

Keep incision clean and dry until staples or sutures are removed.

Cover with plastic bag or plastic wrap when showering.

If incision gets wet, pat dry.

Apply ice to incision as instructed.

Elevate to reduce swelling as instructed.

Report increased swelling, drainage or changes in incision that worsen during the recovery process.



Exercise

Follow the exercise program chosen for you and your personal health.



Ankle Pumps

____ sets ____ x a day



Quadriceps

____ sets ____ x a day



Gluteal

____ sets ____ x a day



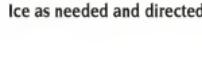
Leg Lifts

____ sets ____ x a day



Flexion/Extension

____ sets ____ x a day



Medications and Diet

Take all medications as directed.

Do not drive while on narcotics (pain medications).

Consult your pharmacist on medication interactions with diet and other medications.

Report any side effects to your physician.

Maintain a healthy diet while on medications.

Drink plenty of fluids.

